

WINGATE UNIVERSITY

HENDERSONVILLE HEALTH SCIENCES CENTER

September 21, 2016

The Wingate University Hendersonville Health Sciences Center, in keeping with the mission of the University, develops well-educated, ethical, productive, and critically thinking healthcare practitioners. The faculty strive to provide for students excellence in teaching, clinical practice, service, and research. With respect to service, the goals of our programs are to develop in our students an understanding of healthcare activism and to integrate the School into the daily life of the community.

As healthcare providers and educators, it is our responsibility to promote health and wellness in our students, patients, and communities. To that end, the Wingate University Hendersonville Health Sciences Center supports the Oklawaha Greenway and the future plans to expand this greenway to Blue Ridge Community College and the Flat Rock Park, which would result in a total of approximately 6.2 miles of greenway. Having such an expansive greenway will provide the Henderson County community opportunities to walk, run, and bike in efforts to improve overall health. In fact, as part of their recommendations for overall cardiovascular health, the American Heart Association recommends at least 30 minutes of moderate-intensity aerobic activity at least 5 days per week, or at least 25 minutes of vigorous aerobic activity at least 3 days per week; or a combination of moderate- and vigorous-intensity aerobic activity. Walking, running, biking, all of which can be accomplished on such a greenway, would be considered a part of the recommended aerobic activity.

As a member of this wonderful community, we can think of no better health and wellness project to give our written support to, than the expansion of the Oklawaha Greenway.

Sincerely,



Kurt A. Wargo, PharmD, FCCP, BCPS(AQ-ID)
Associate Professor and Regional Dean
Wingate University Hendersonville Health Sciences Center